

## 36. Joy and being joyous

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### Is it possible to feel joy at all times?

The answer is no, not joy in good happenings, but yes, joyfulness in all living. Love and joy are very closely connected. Salumet explains the deeper aspect of living in joy. (5/5/03)

**The warmth of your greeting grows ever stronger; for this we thank you. It is important my dear friends that there is joy in your lives—not joy of good happenings, but joyfulness in all of living. Love and joy are closely connected and it is most important that you understand that no matter what your life brings to you, that always you sustain joy in your lives. So what is this joy I speak of? It is joy in knowing who and what you are, joy in just being: that is true joy. Without joy within your heart, all other aspects of living become as negatives in your lives. So I would like you my dear friends to consider what joy there is within your hearts. This may seem a simplified question, but I assure you it is one of great magnitude. When you *feel* what joy truly is, then you will come to these meetings with a completely different view. I know you are saying: ‘*But we cannot feel joy at all times.*’ But this I say to you my dear friends: ‘yes, you most certainly can.’ But that is what I wish you to consider this time.**

George: Yes, I think you can sometimes see joy in people’s faces and I have a picture of one known as Rinpoché who was referring to the Dalai Lama who was across the room and he was saying, ‘*Look at the Dalai Lama, he is not laughing at some joke, he is bubbling with joy.*’ And one could see it in the light in his face, he was joyful.

**Yes. Yes, that is a good example for the others to think about. But I do not wish you to think of others, I wish only for you to think of joy within yourselves. I will give you time to consider this deeply and we will discuss it next time, and know and understand that love is the all-consuming thing in your lives, but as I say, *joy* is coupled closely to love.**

Sara: Can I just say something Salumet?

**Yes, of course.**

Sara: I think that for myself I think that when I do things which bring me joy as well as all the things we try to do daily for other people, when I follow interests that bring me joy, then I find it much easier to access joy generally. I think if I want to sing and I sing, or dance or do something which brings me pleasure too, then I think I access the joyful part more easily. And children also help to put me in touch with joy, because they’re very joyful and enthusiastic naturally. **(Yes)** I think that they remind us not to be complicated and to just take each moment and be whatever we feel at any given moment.

Yes, of course you know and understand that children are much closer to our world, therefore just *being* exudes joyfulness from children; that is what you must look for. It is absent in so many lives of today, because human living has dulled that very presence of *utter joy*, and remember I have said, joy is not *obtained* by physical happenings; joy is of course from Spirit, but manifests itself into human existence. That is the aspect of yourselves that you must look to. It is not a simple question, so I will leave it with you and will be most interested in hearing your words. Of course I am well aware of what you are going to say, but the others may not be. So, next time should make for interesting conversation. Do you at this moment in time feel just a ray of *joy* being placed upon your souls? (*Affirmed*)

Paul: Yes, I just felt it.

I hope my dear friends that you are aware, because the joyfulness within this room is ever-building. It is there for each one of you to access, to soak up and to retain. It is a condition which will see you through this earthly life without fear or without any doubts of what life holds for you. If you have love and joy, you have all things. I hope my words make sense to you. (*Affirmed*) As I have told you my dear friends, this year of your time will be devoted much to your own growth and in doing this I must allow each one of you to take each little step in your own way, and my purpose in all of this is to play the part of adviser for you if so needed, to encourage and to uplift you. Of course I will bring you more new information, of course when I feel that you are ready to absorb, but it is important at this time that each one of you takes and accepts what we bring to you for yourselves. As you grow my dear friends, much, much more can be given to you. Not only will your awareness grow, but your understanding will become greater and you will be surprised at how little you have known in the past. I will be working with this instrument on many occasions quietly, therefore unless you have any questions for me, I would suggest that perhaps our dear lady friend who takes you on a meditative journey, takes you on one and each one of you be open to what is given this time. You may be given my dear friends some clues of what you have been. I know in past times I have told you that who and what you have been is not important—that is still true, but this particular time it will give you a little more understanding of who you are and what you must be. So please accept my dear friends, all that is being given to you. Are there any questions before I leave you?

### [Discussion about joy and feeling the joy within](#)

Salumet asks the group for their thoughts on what had been given the previous week. He comments on our answers, but then goes onto say the most loving people are actually 'self-centred' - but not in the physical sense! 'Spiritually' self-centredness means knowing who and what you are. Salumet explains the difference. (12/5/03)

Last time we spoke briefly about joy and the joy that you feel deeper within. Do you remember? (*Affirmed*) I said that we would discuss this next time and although I know what is within your hearts, once more it will be beneficial for the others to hear what you have to say. Would you like to begin with someone my dear friends?

George: Yes, I thought about joy and the opposite condition of being gloomy, and there are a number of things that help us to be joyful and I think one of those things is the increasing awareness. The more we are aware of the wonders of the Earth and Spirit life, the more joy we are able to experience. Another factor is meditation and strengthening the union with soul. There are other things such as laughter and music and birds song and all these contribute to joy, but I think above all is the increasing awareness.

**Thank you for those words. If you noticed you started off by describing joy in physical terms, by describing what you call *gloominess* as opposed to joy: this belongs to the physical condition. I of course, always speak to you on a spiritual level. You then continued my dear friend to describe those attributes of Spirit which indeed do contribute to joy. We thank you for your words.**

Lilian: Would you like some more answers?

**Yes, it would be helpful for each one to express what he feels joy to be.**

Paul: When I was thinking about it I felt it must come from when you have no judgement. Then the joy seems to come; like smiling within at the world and yourself as well in the world.

**Yes, may I say that those words do make one want to smile. Smiling *within* are wonderful words to describe joy. I thank you too for your words.**

Lilian: Have you talked to Sara (*Graham's wife*), Graham?

Graham: Yes I have and I agree with George and Paul and particularly the lessons that I have received here and the opportunity to think about things in a way that I never would have done without your guidance: it has given me enormous joy which I cannot begin to express. I've also felt joy from quiet times, particularly with painting. I enjoy my painting and these quiet times where you're alone and can be lost in your thoughts again is a time of tremendous joy. Sharing experiences with other people again brings me great joy. In fact, I would say that more and more of my time I would say that I am in a joyful state than I used to. So I am very grateful for this.

**Yes, I thank you too for your words and the important part of your words as far as Spirit is concerned is the word 'sharing'. Thank you.**

Margaret: I have surprised myself this year, very much so. I always wanted to be with somebody, but now I find if I go walking for an hour, most days, and I look at the flowers and the trees and the birds and it gives me new hope. I don't know whether that's good or bad, but it's very good for me to be contented with the life I've got.

**Therefore you have joy within.**

Margaret: Yes I have, yes.

**Yes. You see the correlation of the words that each of you have spoken? Are you beginning to see the connection to joy? (Yes) Thank you.**

Sarah: I felt with joy that it was also an inner thing that we're happy beginning to know why we are here; there's a joy of that recognition. So that is another feeling of joy. But I also felt it was a thing—an aspect that is—because you have joy within, it is that that you are giving to others that they are also recognizing that is making them happy too. It's the trigger between making somebody else joyful and your inner joy that is coming out.

**Yes, it is that governing force from within. Yes, that is perfectly true; joy comes from within. Each one so far has discovered that joy does not belong to physical conditions. In thinking deeply my dear friends, you have come to this realization. I thank you for your words.**

Lilian: As for myself, it's the joy of the spiritual teach which you have brought and the growth of Spirit within. On a day-to-day basis in the physical I am not always joyful, but spiritually, yes it is, thanks to you for your teaching.

**Yes. In recognizing the difference from joy within and joy of everyday life, to recognize that difference is indeed a step forward; to you also, I thank you for your words. I would now like to continue just a little about 'joy'. You cannot extricate joy from love: joy and love go hand-in-hand. But what is this joy? I feel my dear friends that love is easier for you to accept, because you see the expression of love so often within your physical lives. Therefore love to you is more natural to accept. But joy, joy is in just *being*; joy is in the learning process of knowing who and what you *are*. No matter what physical conditions you have to bear, and each one of you as you full well know have different life styles, but that joy that comes from within, is in beginning to realize and recognize who you truly are and why you have come to these physical conditions. You should shine as beacons at all times my dear friends. The joy from within should overshadow all physical problems in your lives.**

Lilian: I think with the knowledge we have gained, it does.

**Yes, and that is why now I have broached the subject with you, because your understanding now is so much greater. Until now these have only been words to you, words that you have barely given any recognition to, words used in the physical sense of being happy or unhappy, when in fact joy encompasses you at all times; but it is the recognition that brings it forth. Do you understand? (*Affirmed*)**

Paul: Is it like we have joy all the time, but we don't realize it?

**You have joy at all times within. It is up to you in your physical daily lives to allow that expression of joy to come to the fore. I will now say to you something which I feel that some of you may want to dispute, but I feel at this time I am sure my dear friends you will accept my words. The most loving of people are those who are self-centred. Would anyone wish to comment on what I have said?**

George: We could probably put more than one interpretation to the word 'self-centred'. **That is the clue to what I have said. (*Chuckles*)**

George: One could see it as a link with oneself or well-centred to one's soul body perhaps, but the other meaning might be a person who is rather egotistical.

**Yes—again we come into your physical language; yes, this is always the problem—let me explain to you what I mean. The most loving of people are self-centred, and yes my dear friend, you have touched upon the very essence of the word 'self-centred', because those people who are self-centred, recognize who and what they are. Let me give you some examples. Why in your world do so many of your relationships fail? Why do you suppose this happens so often in your world? Because you do not look at one another as the special entities who have come to this world to evolve. So you join together thinking that together you become as one, that you create a whole; but what happens my dear friends is that you become too absorbed in the other's daily living. Why do they do this? Why should they not do that? When what you should be focusing upon is the growth of your own Spirit. When two souls come together, they should allow each other that freedom of joy and love which comes from within. I am afraid so often that you human beings stifle the spiritual growth of another. Now, do you begin to understand my words? (*Agreed*)**

George: There was a teaching by Kahlil Gibran, who said two people should be as the pillar of a temple: stand together but a little way apart.

**Yes, support but do not suffocate—that is not *his* teaching, that is an eternal *truth*, but many have spoken words of truth as I have told you in past times.**

George: Yes, he is one who was aware of the truth.

**There are many who allow this to happen, but I have to say, they are not the majority of humankind. So, when I say to you, ‘self-centred’, do not use those words as you do in the physical sense. Always look to the spiritual meaning of my words, but I know if you were to leave this room this evening and say what I have said to you, many people in your world would be horrified. They would say, ‘but that is not love’. I say to you my friend, it creates love and joy and happiness. Again there is no judgement, there is only love and joy from within.**

Paul: Does that connect with the idea that you have to have *self*-acceptance and love yourself and then you can see the love in the world as well, but if you hate yourself you can’t see the good things in life?

**How can you love anything else if you do not know and understand and love the self?**  
(*Agreed*)

Sarah: A couple of weeks ago, Salumet, you said somebody else would come through and somebody came through Sue who said that song was from Spirit. Did you help that person or suggest maybe that person came through, because in singing it brings the joy out in us, it helps the joy to come through. Was it a pre-planned visit?

**You are speaking of joy in a physical sense; you are already well aware of the joy of musical energy. That comes from Spirit that is part of Spirit which belongs to you all. It is sad that in your world you have to be reminded that music is part of your soul. Music flies on the energy of Spirit: it is part of the soul, it is part of all Creation. So yes, that visit was intentional for the purposes of understanding. Are there any more comments this time?**

Lilian: Could I ask a question on a totally different note? The instrument that you use, we think that she was experiencing a past life which we talked about last week. She appeared to be perhaps in a city maybe a couple of hundred years ago, what we call a down and out. (*Poor homeless person*) It was quite a distressful experience, I would say. Was she experiencing a past life?

**In one word: ‘yes’. It was told to you that these things would be tried last time and each of you had some experience, if not the full life that was being given to you. Of course you were told these lives are unimportant, but it was for the benefit of your own understanding. But yes, you may tell this instrument that what she felt was indeed one of those lives.**

Lilian: Perhaps possibly she was the one who was strong enough to accept that.

**Do not differentiate between you; you are all capable of much. You are given what you are able to take at the particular time that it is given to you. You all travel different roads, but you are all going in one direction. That is why in this year of your time, much of the time will be devoted to individual development. It is not that I do not wish to bring more teaching, but it is imperative that your own soul’s growth is raised as we go along, in order that I can give you more and more that you may understand. Do you see? (*Affirmed*) There is much for you to continue to think about: love and joy, and dare I repeat, self-centredness!**